

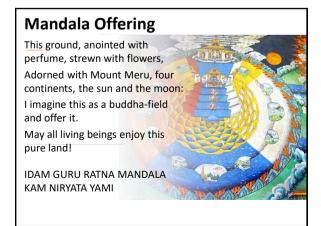


Seven Limb Prayer Reverently I prostrate with my body, speech, and mind; I present clouds of every type of offering, actual and imagined; I declare all my negative actions accumulated since beginningless time, and rejoice in the merit of all holy and ordinary beings. Please, remain until the end of cyclic existence, and turn the wheel of Dharma for living beings. I dedicate my own and other's merits to the great enlightenment.

3

attachment for friends and

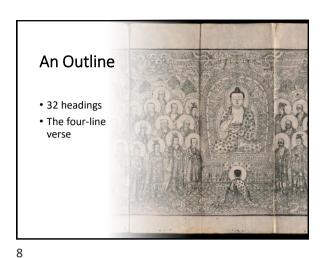
hatred for enemies.





5 6





7

The Nine Similes

Empty and Dependent

Duhkha, Impermanent and Unsatisfactory

A star

A visual aberration

A flame of a lamp

Duhkha, Impermanent and unstable

An illusion (drawn into duhkha)

A dewdrop (things are impermanent and unstable)

A flame of a lamp

A bubble (feelings are unsatisfactory)

A Summer cloud



9





11 12

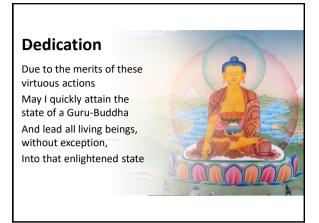


Read

- Memorise the four-line verse
- Memorise the outline

Coming up

• January 31st – the Wisdom of Emptiness



13 14



15